## Mt. Mitchell Fitness Centre - Spring 2018

### EARLY BIRDS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Beginner Yoga**  
Hannah D.  
Cap: 30 | **APPFire (30)**  
Rebecca | **Beginner Yoga**  
Hannah D.  
Cap: 30 | **Cycle+**  
Doug W.  
Cap: 18 |

### MIDDAY

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Barre**  
Ian  
Cap: 30 | **AppStrong**  
Sarah Grace  
Cap: 30 | **APPFire (30)**  
Asia Y.  
Cap: 30 | **Kickboxing**  
Misty  
Cap: 30 |

### NIGHT OWLS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Yoga**  
Emory  
Allison  
Cap: 30 | **Belly Dancing**  
Alex  
Cap: 30 | **Yoga**  
Rachel  
Sydney  
Cap: 18 | **Zumba®**  
Ashley W.  
Cap: 30 | **Extended Yoga** (90)  
Monica  
Allison  
Cap: 30 |

**GF SCHEDULE IS SUBJECT TO CHANGE**  
All classes are 60mins in length unless otherwise noted by a number in parentheses.  
Please visit fitness.appstate.edu for all schedule modifications.
Check out the **NEW CYCLE STUDIO!** (across from aerobics floor)

**Quinn Recreation Center - Spring 2018**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 PM</td>
<td>5:30 PM</td>
<td>5:30 PM</td>
<td>5:30 PM</td>
<td>5:00 PM</td>
</tr>
</tbody>
</table>
| **HIIT (30)**  
Carly  
Mikayla  
Cap: 80 | **Step & Tone**  
Lauren  
Misty  
Cap: 50 | **Lower Body Blast**  
Kaylee  
Abby  
Cap: 50 | **HIIT (30)**  
Sarah Grace  
Cap: 80 | **APPStrong**  
Hannah  
Cap: 50 |
| 6:15 PM | 6:00 PM | 6:00 PM | 6:10 PM | 6:10 PM |
| **Kickboxing**  
Asia  
Cap: 80 | **Upper Body Blast**  
Kaylee  
Abby  
Cap: 50 | **AbSolution (20)**  
Sarah Grace  
Cap: 50 | **AbSolution (20)**  
Hannah  
Cap: 50 |
| 7:30 PM | 6:30 PM | 6:45 PM | 6:00 PM | 6:00 PM |
| **AppFIRE (30)**  
Hannah  
Sera  
Cap: 50 | **Step & Tone**  
Carly  
Cap: 50 | **Cardio Dance**  
Danny  
Cap: 80 | | |
| 8:15 PM | 8:00 PM | 7:40 PM | 8:15 PM | 6:45 PM |
| **Cardio Dance**  
Ian  
Cap: 80 | **Abs (20)**  
Carly  
Cap: 50 | **APPStrong**  
Hayden  
Cap: 50 | | |
| 8:15 PM | 8:15 PM | **Zumba @**  
Ashley W.  
Cap: 80 | | | 

**QRC Functional Studio**

<table>
<thead>
<tr>
<th>7:15 AM</th>
<th>7:15 AM</th>
<th>7:15 PM</th>
<th>7:15 PM</th>
<th>7:15 PM</th>
</tr>
</thead>
</table>
| **Bootcamp (45)**  
Asia  
Cap: 12 | **Bootcamp (45)**  
Hayden  
Cap: 12 | **Bootcamp (45)**  
Emily  
Natalie  
Cap: 12 | | |
| 6:45 PM | | **Bootcamp (45)**  
Kaylee  
Cap: 12 | | |
| 7:45 PM | | **Bootcamp (45)**  
Mikayla  
Cap: 12 | | |

**GF SCHEDULE IS SUBJECT TO CHANGE**  
All classes are 60mins in length unless otherwise noted by a number in parentheses.  
Please visit fitness.appstate.edu for all schedule modifications.
**QRC Cycle Studio**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15 AM</td>
<td><strong>Cycle X (30)</strong> Hannah S. Cap: 20</td>
<td>7:15 AM</td>
<td><strong>Cycle X (30)</strong> Doug W. Cap: 20</td>
<td>7:15 AM</td>
</tr>
<tr>
<td>12:15 PM</td>
<td><strong>Cycle X (30)</strong> Hannah S. Gabby Cap: 20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45 PM</td>
<td><strong>Cycle X (30)</strong> Emily G. Cap: 20</td>
<td>5:15 PM</td>
<td><strong>Cycle X (30)</strong> Erin P. Sydney Cap: 20</td>
<td>5:30 PM</td>
</tr>
<tr>
<td>6:30 PM</td>
<td><strong>Cycle</strong> Erin P. Cap: 20</td>
<td>6:00 PM</td>
<td><strong>Cycle</strong> Caitlin Hunter Cap: 20</td>
<td>6:15 PM</td>
</tr>
<tr>
<td>7:45 PM</td>
<td><strong>Cycle X (30)</strong> Doug W. Cap: 20</td>
<td>7:15 PM</td>
<td><strong>Cycle</strong> Hannah S. Cap: 20</td>
<td>7:00 PM</td>
</tr>
</tbody>
</table>

**GF SCHEDULE IS SUBJECT TO CHANGE**

All classes are 60mins in length unless otherwise noted by a number in parentheses. Please visit fitness.appstate.edu for all schedule modifications.
**Student Recreation Center - Spring 2018**

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>AFTERNOON</td>
<td>6:45 PM</td>
<td>Walk it Out (30)</td>
<td>4:00 PM SUP Yoga (45) Hannah/ Monica Sera Cap: 12</td>
<td>5:15 PM Deep H2O (45) Rebecca Cap: 30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ashley Cap: 12</td>
<td>5:00 PM SUP Yoga (45) Hannah/ Monica Sera Cap: 12</td>
<td></td>
</tr>
</tbody>
</table>

**GF SCHEDULE IS SUBJECT TO CHANGE** All classes are 60mins in length unless otherwise noted by a number in parentheses. For classes in the pool, please arrive 20 minutes early to sign in at the front desk to get your pass. You will also need to be able to demonstrate the ability to swim one lap to participate in group fitness classes taught in the pool. Please visit fitness.appstate.edu for all schedule modifications.